

AROUND THE BAY

AND IN OUR PAGES



Commemoration Race

MWR hosts 5K and 9.11-mile event for Patriots' Day



Doggy Meet Ups
Furry friends aren't the only ones having fun

Other Stories

- 4 Command Corner and Trooper to Trooper
- 5 Reviews of the latest movies on base
- **Comics**



Cover Storv

Cover photo by Spc. Lerone Simmons

The BEEF's "Dirt Boyz" blaze a trail through the hillside to protect JTF and NAVSTA from wildfires, PAGE 6

BAY WIRE REPORT

Hook 'em and cook 'em



If you're interested in drowning a little bait and taking the morning off from the grind that is GTMO, call ext. 2345, for more information about how to register for the Sept. 29, NEX

Appreciation Fishing Tournament.

All participants must bring their own fishing poles and equipment.

Films of yesteryear

The Downtown Lyceum presents Throwback Thursday, Sept. 26. Join your friends and family for a classic movie under the

To get the latest movie schedule, call the MWR movie hotline at ext. 4880.



CORRECTIONS The following information was printed incorrectly in the June 21, print issue of The Wire: Please report all corrections to thewire@itfatmo.southcom.n

Page 11: Seaman Grady Seibert was incorrectly identified

Page 16: Tech Sgt. Thomas Miller is assigned to the Base Engineer Emergency Force



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Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40 Gazebo - :02, :22, :42 NEX trailer -: 03,:23,:43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50 TK 4 -: 12,: 32,: 52

JAS -: 13,:33,:53

TK 3 -: 14,: 34,: 54

TK 2 -: 15,: 35,: 55 TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp -: 31,:51,:11

NEX -: 33,:53,:13

Gold Hill Galley -: 37,:57,:17 Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 -: 40,:00,:20

TK 2 -: 43,:03,:23 TK 3-:45,:05,:25

TK 4 -: 47,:07,:27

KB 373-:50,:10,:30 Camp Delta 1 -: 52,:12,:32

IOF -: 54,:14,:34 NEX Trailer -: 57,:17,:37 **Beach Bus**

Sat. and Sun. only - Location #1-4 Windward Loop - 0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park 0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Windward Loop 0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA 0935, 1235, 1535

Return to Office 0940, 1240, 1540





SAFE















The Golden Rule applied then, applies now

By Cmdr. Terry W. Eddinger

Joint Task Force Command Chaplain

Good leaders develop their skills by starting with the basics – and the basics start with one's own self and one's approach to life.



Cmdr. Terry W. Eddinger

We all have a life philosophy regardless of whether or not we realize it. How we live, who were are, how we think and how we treat others are all a part of this philosophy.

As for my philosophy, I try to keep it simple – love God with all your

being and love people more than yourself. Every day I have to decide what this means for me. At the end of my day, I ask myself did I make a difference? Is the world a better place because of how I lived and what I did? I would like to say the answer is always "yes," but unfortunately, some days just don't turn out that

It's a work in progress.

One of the best philosophies on life I have read is in Robert Fulghum's book "All I Really Need to Know I Learned in Kindergarten:"

"Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.

These are the things I learned:

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your own mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Flush.
- Warm cookies and cold milk are good for
- Live a balanced life learn some and think some and draw and paint and sing and dance and play and work every day some.
- -Take a nap every afternoon.
- When you go out in the world, watch out

for traffic, hold hands and stick together.

- Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup they all die. So do we.
- And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - LOOK.

Everything you need to know is in there somewhere The Golden Rule, love, basic sanitation, ecology, politics, equality and sane living.

And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together."

What is your life philosophy? As you live out each day, you touch more people than you realize – either positively or negatively. I encourage you to think about and develop your life philosophy. Then, find sensible ways to put it into practice. This will make you a better leader and a better person.

ROOPER TO TROOPER

Your record starts with you, Troopers should always maintain good files

By Master Sgt. Darlene Weidmayer

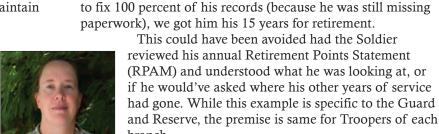
J1. Personnel Services NCOIC

I've worked in the personnel field for almost 20 years now, between the civilian side and my military career. During that time, I've seen many Soldiers and employees not maintain proper records.

I have one very memorable event in the recent past – one of my Soldiers was injured in theater, and his injuries were such that he wouldn't be retained by the Army. It was my duty to help him get his records correct before his case was reviewed and processed before the Medical Retention Board. While putting together a packet to go before the board, he advised his career spanned more than 16 years, but there wasn't record of those qualifying years for retirement. Because of this, he wasn't eligible for the benefits.

If he was able to prove more than 15 years for retirement, he would qualify for an immediate retirement with full benefits. When this was explained to him, he went home and brought in all his records. He carried them back to the armory in two copy-paper-sized boxes with no rhyme or reason to the filing system.

While the Soldier thought that as his NCO, I would sort through the paperwork and fix his records, he was wrong. It



Review your records.

If you get married, divorced or add a child to your family, you should take the time to review your records. Update the beneficiary on your SGLI each year with your Admin NCO during your birth month and check your records to be sure the documents are yours

and someone else's information isn't incorrectly filed. All these items could affect your next promotion or worse – they could prevent you from retiring on time, or receiving benefits if you are injured while on duty.

was a team effort between him, me and another NCO. We

worked for two days to organize, correct and submit his doc-

uments for what was entitled to him. While we weren't able

It is up to you to ensure that your records are correct. If you check them yearly, it will be easier to ensure the accuracy.



Master Sat. Darlene Weidmaye



Second time around feels like the first

Review by Sgt. 1st Class Aaron Hiler

Graphics Editor, thewire@jtfgtmo.southcom.mil

As with any movie featuring a number two in the title, you are guaranteed more of the same. "Kick-Ass 2" doesn't disappoint in that regard. More excessive blood, more gore, more violence and more abusive language.

Hard-core "Kick-Ass" fans are cheering right now, so I'll wait for the applause to die down.

> Surprisingly, this film started to show the promise of an actual storyline before it descended back into, you got it, more excessive violence, blood and language. I almost thought it was

going to have the characters consider the consequences of their teenage carnage, but that was not to happen. They had to "stay true to who they were."

Unless you're a real fan of the original, I would take a pass on this two banana rat flick.



Jobs: a serious film

Review by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

Ashton Kutcher is at it again, but this time there aren't any silly shenanigans reminiscent of his role on "That '70s Show." Kutcher lays aside the zany antics and channels his inner Zen with his portrayal of the 20th-century, technological luminary Steve Jobs in "Jobs."

The movie itself is touted as a biographical drama, depicting the rise of Jobs; starting from his days at Reed

College into the early 2000s.

"Jobs" shows a lot of heart and soul in the dramatization of the lives surrounding its central character. We see how the relationships between Steve and his friends develop and degrade over time and who the real Steve Jobs was. For those who have never done any in-depth research about Jobs, you may be surprised to find out he disowned his daughter, spent time in India, and could hold a grudge with the best of them.

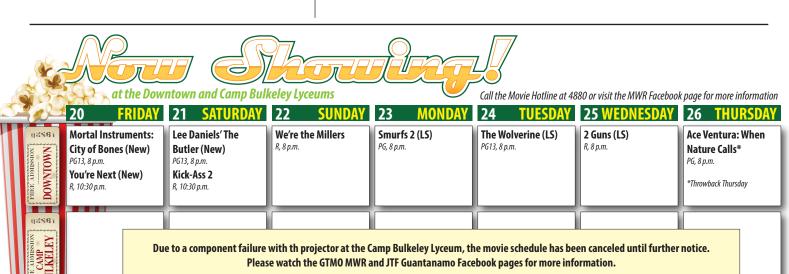
The movie seemed to take itself a little too seriously at times and, in my

opinion, missed the mark of what could have otherwise been a really great tribute to the Henry Ford or Thomas Edison of our generation. For a role this monumental, an actor with a bit more screen presence would have been preferable. Just because Kutcher looks like Jobs doesn't mean the role was meant for him. For what it was, "Jobs" was ok. But let's get a second opinion. Siri, how was

"Jobs?"

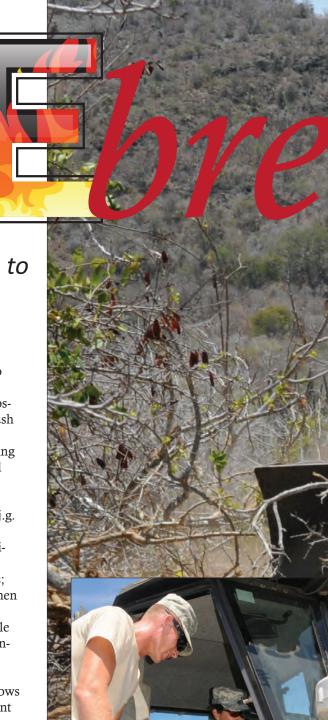
"Ashton Kutcher should not quit his. Three banana rats."











BEEF tackles heat so GTMO doesn't have to

Story and photos by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

oint Task Force Guantanamo's heavy equipment "Dirt Boyz," a team assigned to the Base Engineer Emergency Force, scraped and dug into the hills towering over the Windward Weapons Range Sept. 4.

The task of creating a firebreak was the result of a recent fire that possibly began when phosphorous ammunition – tracer rounds – sparked dry brush

sibly began when phosphorous ammunition – tracer rounds – sparked dry brush along the range and engulfed approximately 600 acres in April.

The project allows personnel to further protect all areas to the north, including the nearby U.S. Naval Station Guantanamo housing areas, from any potential fires in the future.

"These massive firebreaks will not only immediately contain a blaze started on the range, but provide access for large emergency vehicles," said Navy Lt. j.g. Jeffrey Crabtree, weapons officer, assigned to NAVSTA GTMO.

"A fire can happen at any of our ranges, but if a fire starts here, we are confident that it will end here," he said.

The project was a joint colaboration between NAVSTA and BEEF Troopers; NAVSTA provided the proper heavy machinery and the BEEF provided Airmen with proper skills to carry out the project.

"By using dozers, graders and loaders, my Dirt Boyz removed about one mile of vegetation and trees to decrease the chances of a fire getting larger and eventually spreading to the housing area," said Air Force Master Sgt. Lee Sinclair, noncommissioned officer in charge of the BEEF's heavy equipment team.

"While this is an important safety project for the Naval Station, this also allows our younger Airmen the opportunity to train on operating the heavy equipment in the dirt.

"Experience is based on location. With some Airmen being very familiar with concrete, this project allows them to get much needed hands-on dirt training and helps to ensure future safety while working in conjunction with NAVSTA," Sinclair said.

Army Brig. Gen. Marion Garcia, JTF-GTMO deputy commander, Marine Sgt. Maj. Juan M. Hidalgo Jr., JTF senior enlisted leader, and Air Force Lt. Col. Randy Whitecotton, BEEF commander, paid on-site visits to check on progress made by the Dirt Boyz.

"The BEEF does a lot of great work here and doesn't get the credit it deserves," said Garcia.

The Dirt Boyz gave an extensive tour of the work area, even allowing Garcia to take the wheel of a dozer and push around some dirt.

Once the project was finished, fire trucks were able to traverse the area; giving the first responders proper access to the range.

This was the first of a two-part project for the BEEF. The next firebreak reconstruction is scheduled for later this month, and will provide access to Cuzco Beach area for emergency vehicles. ❖

Senior Airman Robert Taron, heavy equipment operator assigner BEEF, shows Brig. Gen. Marion Garcia how to operate a bulldozer to a firebreak at the Windward Range Sept. 5.





Firebreak:

A gap in vegetation or other combustable materials that acts as a barrier to slow or stop the progress of a wildfire.

The Joint Task Force Guantanamo's Dirt Boyz, a team assigned to the Base Engineer Emergency Force, clear debris after implementing a new firebreak at the Windward Range Sept. 5. The firebreak will help protect base residents and infrastructure from possible wildfires sparked at the range.

Squat Techniques

By 2nd Lt. John-Charles Bautista

Plt. Leader, 357th MP Co., thewire@jtfgtmo.southcom.mil

The front squat is one of the most important exercises you can do. It uses more muscle groups than any other exercise. The challenge is to have great form during the entire movement.

The picture shows a barbell, but you don't have to use a bar for this. You can use a 10-pound plate or even a dumbbell.

As illustrated in the picture, you start with the bar high on your chest. Squat as if you are about to sit in a chair, the majority of your weight on your heels. This will activate your glutes. Your legs should form a 90-degree angle.

It would be strange to see someone try to sit in a chair while their heels are off the ground. However, you will notice when people squat, their weight shifts to their toes due to fear of falling backward as well as not having enough strength in their legs.

As you ascend back to the top, your heels should push through the ground while keeping your back straight. Your head does not necessarily need to look up as long as your back is straight. Another key point is the knees should not extend beyond the toes. When this happens, the heels come off the ground.

The angle your foot is pointing will result in different muscles being worked.

Keep your core tight. Keeping your core tight is important in every exercise, but is paramount when stabilizing your body with a significant amount of weight. Remember, prior to squatting, warm up and stretch properly.





Photo by Sgt. 1st Class Aaron Hiler/The Wir

JTF kicks off 2013 CFC

Marine Sgt. Maj. Juan M. Hidalgo, Jr., and Navy Rear Adm. Richard W. Butler kick off the annual Combined Federal Campaign charitable contributions drive at Joint Task Force Guantanamo, with a cake cutting Sept. 17. This year marks the CFC's 50th year of providing federal employees and Service members the oppotunity to support eligible non-profit organizations that provide health and human service benefits thorughout the world. For more information about the CFC, or to donate, contact your unit or office's CFC liaison.



Airmen assigned to Joint Task Force Guantanamo's Base Engineer Emergency Force, jog across the finish line of the 9.11-mile Memorial Run, hosted by MWR Sept. 11. The runners in this year's race were offered the chance to compete in either a 9.11-mile or a 5-kilometer course finishing at Guantanamo Bay's Cooper Field.

By Sgt. 1st Class Aaron Hiler & Sgt. David Bolton JTF-PAO, thewire@jtfgtmo.southcom.mil

ome ran to remember, some ran to forget, but either way, more than 100 members of the Joint Task Force Guantanamo and Naval Station Guantanamo Bay communities hit the pavement in the hot afternoon sun Sept. 11, for the annual Memorial Run sponsored by the Morale, Welfare and Recreation office.

Whether it was the 5-kilometer or the 9.11-mile race. runners started and ended at Cooper Field, among cheers from friends and bystanders.

MWR Fitness Coordinator, Dennis Anthony, said the run was more of a commemoration rather than a memorial.

"The race was run to remember the lives lost and the sacrifice of those who responded in the early hours and who sacrificed themselves to right the wrongs," said Anthony. "The run is something we do to positively remember those people."

Army Spc. Jarred Gaumond, a military police officer with the 193rd Military Police Company, said he found it fitting to be out running this race with his fellow Service members to celebrate the service and sacrifice that was given on 9/11, and

"9/11 is why I joined," said Gaumond. "This run is very important for me. It's a way for me to support my country and the fallen."



Photo by Army Sgt. 1st Class Aaron Hiler/The Wire

Matt Graham runs down a sidewalk along Kittery Beach Road during the annual Morale, Welfare and Recreation 9/11 Memorial Run at Naval Station Guantanamo Bay Sept. 11.

Those sentiments were shared among the organizers and participants.

"I'm glad I have the opportunity to celebrate, remember and honor those who have served in the Global War on Terror since 9/11," said Navy Lt. j.g. Kathleen DeWolf, a physician assistant with the Joint Medical Group.

DeWolf said running at GTMO was a unique bonding experience between herself and the other services.

9.11-Mile Race Winners					5K Race Winners				
Age 19 & Under	Age 20-29	Age 30-39	Age 40-49	Age 50+	Age 19 & Under	Age 20-29	Age 30-39	Age 40-49	Age 50+
Kyle French	Ryan Dezier	Brian Pennington	Casey Gore	Jose Bautista	Nicolas Scharn	John Nitti	Juan Hidalgo	William Boggess	Ray White
Cassidy Forrester	Joann Tolentino	Erin Driver	Patrice Fant	Jozy Smarth	Bree-Uhna Hamblin	Jennifer Sayers	Norma Fuller	Lasima Packett	Debbie Sobo

For love of the pup

GTMO's Dog Park great for owners, Troopers

Story and photo by Sgt. Darron Salzer

Photo Editor, thewire@jtfgtmo.southcom.mil

On Wednesday nights as the sun hangs low in the western sky and the heat of the day gives way to a cooler night, a torrent of legs and fur runs wild at the Guantanamo Bay Dog Park.

From 6-7 p.m., GTMO's dog owners and their K-9 companions meet up, catch up on the week and on their game (fetch of course).

"I think that it is a great outlet for the dogs," said Tara Culbertson, director of Morale, Welfare and Recreation. "It allows them to get out and they can socialize and have fun, but it's also wonderful for the owners. I see people here always making new friends."

But doggie meet-up nights are not solely for pet owners, Culbertson said.

"We always invite anybody who doesn't have their pet here but misses them, or just wants to come out and pet the dogs, which is a great stress reliever," she said.

In fact, research suggests that dogs and other pets can help lower blood pressure, boost self-esteem, reduce stress and improve an overall sense of wellbeing in their human companions, according to the Centers for Disease Control and Prevention.

"They say petting a dog can help lower your blood pressure, and that can be a great form of release especially for those working in the camps," Culbertson said. "Many of these dogs are also Red Cross therapy dogs, so Troopers might see them in the camps or at the hospital."

Navy Chief Warrant Officer Jose Cabret, administrative officer for Naval Station Guantanamo Bay, agreed.

"When you are on deployment, this is one of those things that we welcome everyone to come to," Cabret said. "Sometimes, especially for those who maybe left a pet back home, you need that affection to lift your morale. It's fun and something else to do to keep yourself occupied."

Cabret, who has been stationed at GTMO for two years, said his brindled Boxer Caifus is a part of his family.

"He's like a son to me," he said. "When you own a dog they just become part of the family." ■ Like this story? Read more, at www.jtfgtmo.southcom.mil



Your old uniforms go where?

If you're getting ready to REFRAD and stressing about all the extra weight of those worn-out uniforms, just remember one thing: DON'T THROW THEM AWAY!

First, sanitize them. Remove those nametapes you paid for, your rank and all insignia and patches. if you wrote your last four inside, cut it out or blacken it.

Can someone use it? If so, take it to the thrift shop. If they can't, cut the jacket down the backside and the sleeves off the arm. You should also cut the pants at the seams. You can use these as rags, or, take them to the nearest dumpster.

Here at GTMO there is a receptical by the J4 Motorpool for uniforms. Dispose of them properly. Don't let them fall into



SPC Lerone Simmons

JTF Guantanamo Public Affairs

SGT Alberto Pichardo 812th Military Police Company

SGT Nicholas Bettano

812th Military Police Company





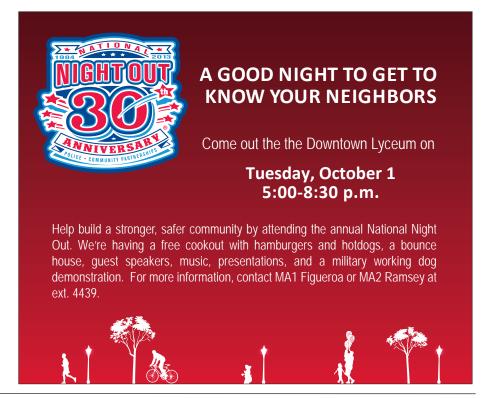
"Hope"

Hope – in essence, it is the key to really living. HOPE can be defined as Hanging Onto Positive Expectations. It is not unrealistic dreaming, but is positive expectation of a desired outcome. Hope pushes or inspires us and those around us to become better people.

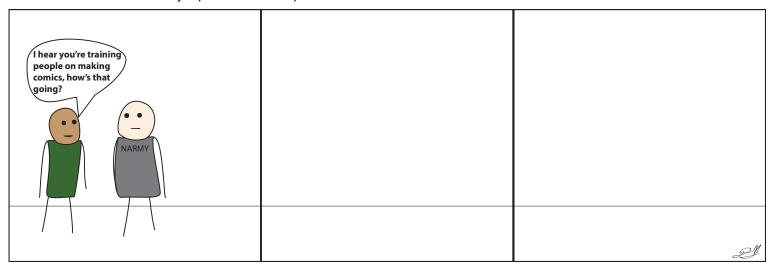
"Hope sees the invisible, feels the intangible, and achieves the impossible." ~Helen Keller







GTMO JOE by Spc. David Marquis





Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:



